

# How to Use Pulmicort Respules for Rhinosinusitis

1. Gently shake 2 Pulmicort Respule (Budesonide 0.5 mg) ampules and snap the top off (see picture 1).
2. Mix the contents of the Respules with 2 teaspoons (10 mL) of saline (salt water). You can make saline from a recipe, or buy it pre-made at the drug store.
3. Draw up about half of the solution (about 1½ teaspoons or 7 mL) with a syringe.
4. Place your head in the “head down forward” position (see picture 2 – you may bend over or get on your knees) and squirt the solution into your RIGHT nostril. Stay in this position for 1-2 minutes.
5. Next, place your head in the RIGHT lateral supine position (see picture 3) for 1-2 minutes. The RIGHT side of your head should be against the pillow.
6. Next, place your head in the supine position (see picture 4) for 1-2 minutes. If there is discomfort caused by fluid going into your ears, you may skip this step.
7. Finally, allow any excess solution to run out of your nose, and then wipe your nose. Repeat the steps with your LEFT nostril (note that the LEFT side of your head should be against the pillow in step 5).
8. **Repeat these steps once per day. This treatment will work best if used after rinsing your sinuses with saline.**

